



Tropic Lightning strikes Kiwi Koru

WHANGAMOMONA, New Zealand — (Above) Tropic Lightning Soldiers of the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, and their counterparts in the 1st New Zealand Brigade, New Zealand Defence Force, maneuver as a team during Exercise Kiwi Koru, Nov. 13. Sixty Soldiers from the 25th ID and 40 Marines from 1 Marine Expeditionary Force trained alongside 1st N.Z. Bde.

Kiwi Koru demonstrates the commitment of the U.S. and N.Z. to regional partnership, prosperity and security in the Asia-Pacific region. The exercise is designed to enhance defense relations, advance interoperability between forces and increase the readiness to respond to regional crises.

(Left) Kiwi soldiers assume prone firing positions after exiting their helicopter. Working with the NZDF and gave the Tropic Lightning warrior a unique opportunity, said U.S. Army 1st Lt. Bryan Silva, Company A, 1-14th Inf. Regt.



U.S. Air Force photos by Staff Sgt. Christopher Hubenthal

"The biggest lesson we can pick up from Kiwi Koru is working with another nation," Silva said. "There are a lot of young Soldiers out here that haven't had an opportunity to work with someone outside of the U.S. Army. You need to expect, when you go to another country, that there might be a scenario like this."



Photos by 599th Transportation Brigade Public Affairs

836th Trans. Bn. deployment and distribution management team members check shipping labels on a container after it is offloaded from the vessel Clipper Makiri, Saturday.

Cargo ship offloads fast with joint teamwork

DONNA KLAPAKIS
599th Transportation Brigade
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 599th Transportation Brigade again teamed up with the 836th Trans. Battalion, the Guam Detachment, Fleet Logistics Center Pearl Harbor (FLC-PH) and the 25th Infantry Division for Pacific Pathways port operations in Hawaii, Nov. 21-22.

The vessel, the Clipper Makiri, came to Pearl Harbor from Shiraai, Japan, following the last exercise in the Pacific Pathways 2014 operation, Orient Shield.

After the vessel offloaded a few pieces of cargo at one Pearl Harbor pier, Friday, it sailed to the FLC-PH pier for unloading the main part of the cargo that afternoon, followed by discharge, Saturday.

The 836th Trans. Bn., the 599th's

subordinate battalion in Yokohama North Dock, Japan, supported the operation with a deployment and distribution management team (DDMT) comprised of its own members and those from its Guam Detachment.

"We spent Nov. 20 in classroom work. Because we had the manifest, it was easy to envision what the ship would look like and where cargo would be stowed when it came in," said Maj. Shannon Johnson, 836th Trans. Bn. executive officer and DDMT team chief.

Marjorie "Margie" Perez, the Guam Detachment's traffic management specialist for cargo booking, taught the class Nov. 20.

"We were able to train this time on the hand scanners, so now they are able to work offline with the deployable

See CARGO A-4

New rule protects troops from scams

TERRI MOON CRONK

DOD News, Defense Media Activity
WASHINGTON — Defense Secretary Chuck Hagel has directed a policy change in new paycheck allotments to prevent unscrupulous commercial lenders from taking advantage of troops and their families, Pentagon officials said Friday.

According to a Defense Department news release published Friday, effective Jan. 1, 2015, the change in DOD's Financial Management Regulation will prohibit service members from allotting pay to buy, lease or rent personal property, a senior DOD official said.

Improving protection for service members

According to the release, this policy change will eliminate that aspect of the allotment system most prone to abuse by unscrupulous lenders that prey on service members.

This will significantly improve protections for all service members and their families, while not significantly reducing the flexibility to use allotments for a number of legitimate purposes, the release reported.

New allotment changes

DOD officials said that while existing allotments are not affected, service members will no longer be able to make allotments for the following types of purchases:

- Vehicles, such as automobiles, motorcycles and boats.
- Appliances or household goods, such as furniture, washers and dryers.
- Electronics, such as laptops, tablets, cell phones and televisions.
- Other consumer items that are tangible and moveable.

Allotments still can be used for

savings account deposits, investments, to support dependents, pay insurance premiums, mortgages, rents, make Combined Federal Campaign contributions and U.S. government debt repayments.

Another line of protection for service members and their families is included when starting new allotments through MyPay and manually on DD Form 2558, officials said.

Officials said service members must certify under the Uniform Code of Military Justice that the allotment is not for "the purchase, lease, or rental of personal property of or payment toward personal property."

Reviewing the allotment system

The secretary directed the change following an interagency review that began in June 2013 in response to a major enforcement action by the Consumer Financial Protection Bureau.

The team comprised DOD representatives from the comptroller, Defense Finance and Accounting Ser-

See ALLOTMENT A-4



This upgraded barracks has been renovated on several occasions and today the exterior — including the coral pink color — looks much the same as it did after its original construction in 1948.

Honolulu Dist. awards \$315.1 million in FY14 contracts

Story and photo by
DINO W. BUCHANAN
U.S. Army Corps of Engineers-
Honolulu District Public Affairs

HONOLULU — The U.S. Army Corps of Engineers-Honolulu District recently completed a very successful fiscal year 2014, during which 569 contract actions were awarded totaling \$315,114,308.00

Honolulu District contract actions

signify the Corps' commitment to providing high-quality facilities to U.S. armed forces, and to protect and improve the lives of the people of Hawaii and the region.

The benefit to our Soldiers and families is immeasurable. Honolulu District is committed to building projects that improve the quality of

See FY14 A-4



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Police Call

DES notes updates to installation access

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

In the last 12 months, the Army has reviewed, updated and emphasized standards and policies for vetting and credentialing individuals seeking access to Army installations.

Under these updates, some service providers and frequent visitors without DOD-issued photo identification cards are required to complete a background check.

This policy has been in effect since its inception, but an additional system of record will be used to conduct the checks. None of these changes will affect the majority of personnel entering our installations.

The policy does not affect those visiting for one-time special events, such as graduations, concerts and changes of command, or individuals under 18 years old.

Visitors requiring access less than once a week may still conduct personal business or visit family and friends without any change to the process for gaining access. Additionally, passengers of DOD-issued photo identification cardholders will see no changes in the process for gaining access to the installation; however, they'll still be required to present a valid, government-issued ID when they enter the installation.

The updated policy pertains primarily to contractors, subcontractors, ven-

dors and individuals who visit U.S. Army-Hawaii installations at least once a week. It does not apply to those visiting one-time events to conduct business, attend concerts and changes of command or to individuals under 18 years old.

Previously, background checks were conducted only against national and international top 10 wanted lists and local crime records. An additional check is now conducted through the FBI-sponsored National Crime Information Center database

to determine if there is any credible information that would indicate if an individual might present a threat to the good order and discipline, or health and safety on an installation.

Such derogatory information includes, but is not limited to the following:

- Individuals whose claim identity cannot be verified and who have submitted fraudulent information.
- Individual has a current arrest warrant, regardless of the offense or violations.
- Individual is currently barred entry or access to a federal installation or activity.
- Individual has a felony conviction within the past 10 years, regardless of the offense or violation.

The result of the background check will determine if access is granted and receipt of an Army-Hawaii pass may be issued. The length of the pass is not to exceed six months, and its duration is determined by the sponsoring activity.

Contractors, subcontractors and ven-



Miller

5 STEPS in FAITH

You decide if love is unconditional

CHAPLAIN (CAPT.) JOHN HAN
225th Brigade Support Battalion
2nd Stryker Brigade Combat Team
25th Infantry Division

There are two kinds of love in a relationship; you either love someone conditionally or unconditionally.

How do you determine and define your love in a relationship?

Conditional love is based on your expectations in a relationship. In other words, you believe that love is based on some type of condition. For example, "I will love you if you are healthy, if you are wealthy or if you are *(fill in the blank)*." Unfortunately, this kind of love is way too common in today's society.

Unconditional love, on the other hand, is based on loving someone with no set of conditions or strings attached. For example, "I love you for who you are, whether it is for better or for worse." This love is not temporary; it is a forever love.

During World War II, when Soldiers were away from their spouses for a long time, they didn't have the privilege of calling. I remember reading an article

online about the handling of thousands of letters going in both directions between the battlefield and home. But, in recent deployments, when Soldiers were away for at least a year, they had access to instant messaging, email, video calls, Facebook, etcetera.

In today's society, most things are replaceable. If you don't like it, get another one. For example, if you have a smart phone and something new comes out, you can always buy a new one and get rid of the one you currently have. It's that simple. Just like a contract.

Hey, if you buy a car and you don't like it, get rid of it and buy a new one. I like to call that instant, immediate gratification. If you're not satisfied with something, go get something that satisfies. If it breaks down and you can't fix it, go get a new one.

Most people don't want to fix things. They like to replace them because sometimes replacing is cheaper and easier than just fixing it.

I read about a transatlantic love story. William and Joyce Hastings, a World War II veteran and his wife, were to cel-



Han

brate their 70th wedding anniversary, Dec. 16, 2013. Next month will be their 71st. That's amazing.

I'm not only amazed they lived that long, but that they lived that long together. I'm sure William and Joyce had their rollercoaster ups and downs in their relationship, but I'm also sure they worked things out. They didn't give up. I'm sure they loved each other unconditionally.

Do you have this type of sacrificial, unconditional love? Take time to examine your love for your spouse.

Are you fulfilling your obligations as a husband or wife? Are you treating your spouse as he/she should be treated? Are you putting the welfare of your spouse before your own? Are you doing what's right, for your family? Have you forgotten your vows?

"I take you to be my spouse, to have and to hold from this day forward, for better or for worse, for richer, for poorer, in sickness and in health, to love and to cherish, from this day forward, until death do us part."

Is your love based on conditional or unconditional love?
You decide.

Roll-up

The following occurred on USARHAW installations, Nov. 14-24:

Traffic and Other Violations — Schofield Barracks and surrounding Installations:

- 2 - Assaults
- 30 - Expired safety inspection
- 8 - Domestic disturbances
- 20 - Driving using a cell phone
- 9 - Duty upon striking
- 7 - Failure to use seat belt
- 8 - Limitations on backing
- 3 - Speeding
- 4 - Larcenies
- 12 - Expired registration
- 4 - Wrongful damaging of property
- 12 - Failure to stop at stop sign
- 2 - Unlawful entry to a motor vehicle
- 12 - Misc. moving violations
- 2 - Unlawful forced entry
- 11 - No driver's license
- 2 - Larceny of a vehicle
- 5 - Parking
- 3 - Defective vehicle equipment

Fort Shafter and surrounding installations:

- 2 - OVUII
- 2 - Unlawful entry to a motor vehicle
- 1 - Loud noise
- 1 - Fire prevention
- 1 - Damage to property

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Courts martial results posted

A staff sergeant from Headquarters and Headquarters Battery, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, was found guilty of three specifications of aggravated sexual assault, three specifications of sexual assault, one specification of assault consummated by a battery, and two specifications of failure to obey a superior commissioned officer.

He was sentenced to reduction to private E-1, forfeiture of all pay and allowances, a dishonorable discharge and 20 years confinement.

Community volunteers needed to provide free tax help

INTERNAL REVENUE SERVICE
News Release

HONOLULU — Last year, more than 500 Hawaii residents gave back to their communities as volunteers and provided free tax services by preparing more than 16,500 federal and state individual income tax returns through the IRS' Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs.

"The IRS and its partners are looking for volunteers that are interested in tak-

ing a little time to learn about taxes and then helping others by preparing federal income tax returns for free," said IRS spokesperson David Tucker II. "Volunteers are certified to prepare simple tax returns for people whose incomes are \$50,000 or less. People of all ages and backgrounds are welcome to volunteer. There is a role for anyone who is interested and wants to help give back to their community."

Anyone can be a volunteer, and bilingual volunteers are particularly need-

ed. Volunteers can help in three separate capacities:

- Return preparer.
 - Site coordinator (site supervisor or site manager).
 - Greeter.
- Site coordinators (supervisors) may also prepare returns. Greeters will generally also answer simple questions and distribute forms.
- Volunteers will be provided with free training materials on how to prepare basic individual income tax returns and,

in most cases, how to file them electronically. Instruction will cover both federal and Hawaii state tax returns.

Training is usually held between November and January, and volunteers generally study online with Link & Learn Taxes to obtain their volunteer certification. The Link & Learn program is an interactive course that teaches all of the basics needed to prepare simple income tax returns accurately for individuals.

Classroom training may also be available.

Voices of Ohana

November is Military Family Appreciation Month

"How do you stay in touch with family during the holidays?"

Photos by 2nd Stryker Brigade Combat Team, 25th Infantry Division



"My family and I use Skype and Tango. With these two apps we are able to video chat and text without using too much data."

Eureka Bostic
Spouse of Spc. Calbe Bostic, 2-11th Field Artillery, 2nd SBCT



"My family and I use Skype, social media, Facebook, phone calls and text messages to stay in touch during the holidays."

Spc. Carron Curry
1-14th Inf., 2nd SBCT



"I am thankful that I am only 30 minutes away from my family, but when I cannot visit, I Skype a lot to stay in touch."

Spc. Hazel Mendoza
1-14th Inf., 2nd SBCT



"I stay connected with family through FaceTime."

Savobun Sok
Mechanic for General Dynamic Land Systems



"We normally talk on the phone, text and Skype."

Alonzo Willimas
Mechanic for General Dynamic Land Systems

JOTC demonstrates rescue for Army under secretary

Carson tours Army Hawaii installations

Story and photo by
STAFF SGT. MATTHEW RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers were pulling security on a ridgeline deep in the jungle when the squad leader gave the command to start hoisting a loaded, tactical Sked rescue system up a 50-foot ravine.

One by one, the four Soldiers maneuvered into position and set up the hoisting system of pulleys and ropes.

Slowly and safely, the team pulled the Sked, with Soldier, up a steep hill through the dense jungle terrain, until

he reached the ridgeline and was secured by the team to finish the demonstration.

Jungle Operations Training Course (JOTC) cadre, from the 25th Infantry Division, recently hosted this demonstration for the second-highest ranking civilian in the Army: Under Secretary of the Army Brad R. Carson.

“The ability to operate in the jungle is important, not only for troops aligned with Pacific Command, but also potentially for those working in Africa and other places around the world,” Carson said.

The 31st under secretary visited Oahu to conduct a tour of Army installations, here, to get a first-hand view of capabilities of the units and to meet with Soldiers.

During his tour, here, Carson met with Tropic Lightning Soldiers during a luncheon to discuss the family conditions and the effects of recent updates to Army policies and regulations. After lunch, he toured Schofield to gain an insight on conditions of the infrastructure and troop space that impact daily operations.

After the tour of the post, he visited the Lightning Academy, where he observed a demonstration by the cadre of the JOTC, displaying just one of the many capabilities and skills taught throughout the course.

The JOTC is part of the 25th ID regional alignment with the Pacific Command and the Department of Defense’s rebalance toward the Asia-Pacific region.



The Honorable Brad Carson, undersecretary of the Army, observes a JOTC demonstration at the Lightning Academy's East Range Training Complex.

Tripler recognized, rewarded for energy efficiency efforts

Story and photo by
ANA ALLEN
Pacific Regional Medical Command
Public Affairs

HONOLULU — Tripler Army Medical Center received a \$270,000 incentive from Hawaii Energy during a check presentation, recently, for the installation of energy-saving chillers at the TAMC commander’s lanai.

The incentive helps offset the cost to upgrade the hospital’s central plant with two chillers and a comprehensive new electronic control system.

The upgraded central plant, which provides chilled water to cool the hospital, is expected to reduce energy usage by an estimated 616,140 kilowatt hours per year — the equivalent to saving about \$150,000 in energy costs based on \$0.2434/kwh.

Col. David Dunning, commander, TAMC, accepted the recognition on behalf of the hospital.

“As the largest military medical facility in the Pacific, it is important that we are good stewards of the energy resources within our local community. This conservation effort lessens fossil fuels and correspondingly lowers greenhouse gas emissions, making



Col. David Dunning, TAMC commander, displays a ceremonial check presented by Hawaii Energy. (TAMC staff and others from left: Lt. Col. Hugh McLean, deputy for administration; Armand Carlos, Adam Duranceau and Joel Rittgarn, Johnson Control Inc.; Lt. Col. Gretta Bennett, chief of logistics; Dunning; Martin Lau, PRMC facilities director; Lily Koo, Hawaii Energy; Patrick Sharkey, mechanical engineer; Peter Kwong, program manager and deputy facility director; Troy Vigil, Johnson Control Inc.; and Walter Michel, chief of engineering.

TAMC a clean energy ally to the state of Hawaii,” said Dunning.

The new plant will also operate more reliably for the hospital.

TAMC’s facility management staff worked with technology experts at the U.S. Army Corps of Engineers-Huntsville Center, in Alabama, to identify project partners, including Johnson

Controls, leading similar energy and technology updates for other agencies.

Prior to the upgrade, the central plant was running on two different systems with some of the functions controlled manually by TAMC plant operators. The updated chillers will be managed by a direct digital controls electronic control system, giving plant

Tripler and Hawaii Energy

Tripler’s mission is to provide patient-centered, outcomes-based health care and to drive the transformation to a System for Health for beneficiaries in the Pacific Region.

In addition, TAMC educates, trains and provides a ready medical force to enhance health and save lives.

TAMC’s vision is to serve as the oasis of health and wellness for America’s heroes and families in the Pacific Region.

Visit www.tamc.amedd.army.mil/ or www.facebook.com/TriplerArmyMedicalCenter.

Hawaii Energy is the ratepayer-funded energy conservation and efficiency program administered by Leidos Engineering under contract with the Hawaii

Public Utilities Commission, serving the islands of Hawaii, Lanai, Maui, Molokai and Oahu.

Hawaii Energy offers cash rebates and other incentives to residents and businesses to help offset the cost of installing energy-efficient equipment.

In addition to rebates, the program conducts education and training for residents, businesses and trade allies to encourage the adoption of energy conservation behaviors and efficiency measures.

The program plays an important role in helping to achieve Hawaii’s goal of reducing total electric energy usage by 30 percent or 4.3 billion kilowatt hours by 2030.

Visit www.HawaiiEnergy.com.

operators a real-time look at the plant’s performance to make operation easier and more effective.

“We proudly salute the U.S. Army for its commitment to a cleaner energy future by adopting energy conservation and efficiency measures at the hospital,” said Lily Koo, business program specialist, Hawaii Energy. “We look forward to collaborating with TAMC on future energy-saving projects.”

‘Chip and PIN’ credit cards coming to DOD travelers

CLAUDETTE ROULO
DOD News, Defense Media Activity

WASHINGTON — Starting in January 2015, Defense Department government travel cardholders will begin receiving new “chip and PIN” cards, the director of the Defense Travel Management Office has said.

In December, the department is due to wrap up a pilot program that started in February and involved about 600 users, Harvey Johnson said in a DOD News interview, adding that the pilot program has been successful so far.

The chip and PIN system already has been adopted in many parts of the world, because it offers additional security to credit card users and merchants.

Transactions involving these cards work some-

thing like an ATM withdrawal, in that the user inserts the card into a point-of-sale machine, and rather than signing for the purchase, the customer enters a four-digit personal identification number.

Point-of-sale machines read a chip embedded in the card – rather than the magnetic strip on the back – and the cardholder never has to hand the card off to a merchant. This two-step system protects against identity theft more effectively than the relatively easy-to-counterfeit magnetic strip and signature



File photo

Common in other parts of the world, the chip in the new GTC enhances security.

system.

Rollout to DOD users will begin with cardholders who have cards that will expire soon, Johnson said.

“As your card expires, you’ll receive a chip and PIN,” he explained. “If you’re new to the Department of Defense, you’ll receive a chip and PIN card.”

Next up are cardholders who travel frequently, Johnson said.

“It used to be that we considered it frequent travel if you travel three times a year,” Johnson

noted, “but now we’re sort of moving away from that, and if you travel (at all), we’re going to recommend that you use a chip and PIN card and that you get a (government travel) card.”

By late summer of 2015, all DOD travelers will have the chip and PIN card, Johnson said.

For now, chip and PIN cards are limited to people in the test population, but beginning in January 2015, travelers will be able to request one if they will be traveling to a location where chip and PIN cards are dominant, Johnson said.

“Once we have an implementation plan, we will spell out how we actually do that,” he said.

With about 1.3 million government travel card users, Johnson noted, “if everybody wants it in January, we probably can’t get there, so there needs to be a methodical deployment.”

Allotment: Three institutions flagged for abuse

CONTINUED FROM A-1

vice, personnel and readiness, and general counsel offices in the Joint Staff and secretary’s offices. Non-DOD participants were from the Federal Deposit Insurance Corp., CFPB, Federal Reserve Board, Comptroller of the Currency and the National Credit Union Administration.

Defense Officials said a 2012 analysis showed that the top 10 financial institutions that received allotments from ser-

vice members processed almost two million allotments, totaling \$3.767 billion. Of the top 10 allotment processors, state law enforcement, consumer advocates and the financial regulators have flagged three particular institutions as suspected abusers of the allotment system. Those institutions received 999,588 allotments totaling \$1.380 billion in fiscal year 2012.

Allotment usage by rank
Officials said the 2012 analysis also

found that, on average per capita, warrant officers use 5.73 allotments, commissioned officers use 3.55 and enlisted personnel use 3.49 allotments, respectively.

The dollar average per allotment is highest for warrant officers (\$1,679 per allotment), followed by officers (\$1,554 per allotment) and then enlisted personnel (\$1,224 per allotment).

The new allotment rule applies to active duty members and not military retirees or DOD civilians, officials said.

FY14: Multiple civic projects keep engineers busy

CONTINUED FROM A-1

life for service members and their families, as well as providing jobs that stimulate the local economy.

In support of its Small Business Program, the District awarded just over \$167 million, or 54.23 percent of its total FY14 new contract and task order dollars, to small businesses. This amount exceeded the yearly USACE small business contract award goal of 43.30 percent.

During FY14, the District completed 16 projects, including three unaccompanied enlisted personnel housing units (one each at Schofield Barracks, Helemano Military Reservation and Tripler Army Medical Center) and the Warriors in Tran-

sition Barracks and Complex at Schofield.

The District placed \$262.1 million for military construction, operations and maintenance, and civil works/interagency and international services in construction.

Additionally, it exceeded its goals in the following small business subcategories:

- Small disadvantaged business: 43.07 percent (goal was 18 percent).
- Historically underutilized business zones: 7.4 percent (goal was 7 percent).
- Woman-owned small businesses: 8.5 percent (goal was 5 percent).
- Service disabled, veteran-owned small businesses: 5 percent (goal was 4 percent).

The Small Business Program is structured to provide small businesses with

enhanced opportunity to acquire Department of Defense contracts. Procurements are often set aside for the purpose of encouraging and developing small businesses to grow and prosper. Contracting with these firms strengthens the economy, generates competition, creates innovations, provides more jobs than any other sector and enhances good business practices.

Throughout FY14, the District continued to work on many civil works projects and studies throughout Hawaii and the Pacific region, including the Ala Wai Canal Flood Risk Management Project and the Ridge to Reef initiative within the west Maui watershed. Its regulatory branch completed 549 regulatory actions, a 12 percent increase from FY13.



Marjorie Perez, Guam Detachment traffic management specialist, discusses an item on a container shipping label with Maj. Shannon Johnson, executive officer, 836th Tran. Bn., after offloading at Pearl Harbor, Saturday.

Cargo: Team works fast

CONTINUED FROM A-1

cargo documentation computer system, rather than relying on a hand tally,” Perez said.

Ship’s captain Maxim Karyakin said it was his first time working for the Military Sealift Command and Surface Deployment and Distribution Command (SDDC). He took over the vessel in Indonesia as part of the regular crew rotation.

“The Soldiers and others facilitating the moves in the Far East were very well organized and cooperative. They were a big help with the stowage plans and loading,” Karyakin said.

Frank Viray, 599th traffic management specialist, said the discharge was finished by 5:30 p.m., Saturday.

‘Take a STAND!’ by adopting a Soldier during holidays

PATRICIA FINCHER
Army Suicide Prevention Program
Army Substance Abuse Program
Directorate of Human Resources

The holidays are approaching us, and for some Soldiers this can be a lonely time. The Army Suicide Prevention Program has launched a Hawaii-based campaign called “Adopt-a-Soldier”.

Adopt-a-Soldier is a way for the local community to Take a Stand! against suicide and to reduce high-risk behaviors during the holiday months.

Many Soldiers’ families are on the mainland. Plus, there are numerous Soldiers who are young and new to the military, and others still who may be going through stressful times in their lives.

Either way, most Soldiers enjoy a home-cooked meal, or being supported by a friend, veteran or the community during the holidays.

Brent Oto, Suicide Prevention Program manager, created a campaign for sponsors to “adopt”



a Soldier during the holidays.

Many families and sponsors have already embraced the Adopt-a-Soldier campaign, and they look forward to sharing their holidays with their adopted warrior.

Find your way to be involved. Take a Stand!
Call 655-9105 to be placed with a Soldier, to volunteer or to sponsor.

(Note: Fincher is a volunteer at the ASAP Suicide Prevention Program.)

What to Do

Sponsors can also support this campaign in other ways, such as these:

- Thanking a Soldier.
- Being a designated driver for the Soldier.
- Preventing any Soldier from drinking and driving.
- Sponsoring a cup of coffee for a Soldier.
- Donating a meal for a Soldier.

8th MP ‘Watchdogs’ run with surprise 25th ID participants

Encouraged to Take A STAND!

Story and photo by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — While the rest of the Army heard about U.S. Army-Hawaii’s new campaign, “Don’t be a BySTANDer – Take a STAND!” when it officially launched Nov. 14, “Watchdogs” noncommissioned officers heard about the campaign a lot sooner.

As Command Sgt. Maj. Angelia Flournoy, senior enlisted adviser, 8th Military Police Brigade, led a formation of over 200 NCOs on a motivational run throughout Schofield Barracks, Flournoy decided to run through 25th Infantry Division’s area and received an unexpected surprise.

Senior commander surprise

Sliding into the front of the formation with Flournoy, U.S. Army-Hawaii’s Maj. Gen. Charles A. Flynn, commander, and Command Sgt. Maj. Benjamin Jones, senior enlisted adviser, joined the run.

After leading the NCOs back to Hamilton Field, Watchdogs surrounded Flynn and Jones as each spoke to the group.

Speaking first, Flynn emphasized the importance of USARHAW’s new campaign, “Don’t be a BySTANDer – Take a STAND!”

Touching briefly on each of the 4 Ss — substance abuse, sexual assaults, suicide and safety violations, Flynn said it was the responsibility of every Soldier to look out for each other.

He urged Watchdogs to make on-the-spot corrections and not walk by infractions or ignore



Maj. Gen. Charles A. Flynn, commander, 25th ID and senior commander, USARHAW, introduces USARHAW’s new campaign, “Don’t be a BySTANDer – Take a STAND!” to Soldiers from 8th MP Bde., 8th TSC, at Hamilton Field. Flynn, along with Command Sgt. Maj. Benjamin Jones, senior enlisted adviser, 25th ID, addressed the “Watchdogs” after joining in the brigade’s first NCO run led by the 8th MP’s Command Sgt. Maj. Angelia Flournoy.

potentially dangerous behaviors within their ranks.

Flynn said, as leaders, doing something is the responsible thing to do. He encouraged

NCOs to take a stand.

After speaking, Flynn then had the group recite the oath that began their military careers. As Watchdogs raised their right hands, they recon-

firmed the Oath of Enlistment.

After reciting the oath, Jones commended the 8th MPs and asked the Watchdogs to keep doing great things.

USPS advises 2014 holiday shipping deadlines

U.S. POSTAL SERVICE
News Release

WASHINGTON — With Christmas less than a month away, the U.S. Postal Service is offering holiday shipping tips to help customers ship the 15.5 billion cards, letters and packages expected to be delivered in time for Christmas.

Get more postal tips, find supplies and buy postage at www.USPS.com.

USPS 2014 Christmas Shipping Deadlines*

To ensure that holiday mail and packages are delivered in time for Christmas, the Postal Service recommends the following mailing and shipping deadlines:

Dec. 2: First-Class Mail International.
Dec. 2: Priority Mail International.

Dec. 10: Priority Mail Express International.**
Dec. 15: Standard Post.
Dec. 17: Global Express Guaranteed.
Dec. 20: First-Class Mail.
Dec. 20: Priority Mail.



Dec. 23: Priority Mail Express.

*The dates listed above are the earliest deadlines for international and military mail.
**Priority Mail Express postage refund eligibility is adjusted for shipments mailed Dec. 22-25.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Holiday Schedule — The following will be closed today:

- RecordsHolding Area / Forms Facility, East Range, Bldg. 6042.
- Postal Section (Soldier’s Personal Mail).
- Official Mail and Distribution Centers.

Closure signs are posted.

MASS Effect — The Department of Veterans Affairs has proposed a new Medical Appointment Scheduling System (MASS). The new MASS technology will help improve access to care for veterans by providing schedulers with state-of-the-art, management-based scheduling software, replacing a legacy scheduling system that has been in use at VA since 1985.

Visit go.usa.gov/sVDP. The Request for Proposal number is VA118-15-R-0715.

29 / Saturday

TLM Closed — The Tropic Lightning Museum will be closed

Nov. 29, reopening Dec. 2. Visit www.garrison.hawaii.army.mil/tlm/visit-us.html.

December

2 / Tuesday

Tree Lightings — The north lighting is at Generals Loop, Schofield Barracks on Dec. 2nd; the south is at Palm Circle, Fort Shafter, Dec. 4th. Both events begin at 5 p.m.

Both are family fun for all ages and include pictures with Santa and costumed-characters appearances, as well as light refreshments from Island Palm Communities.

Army Music Hawaii’s “A Soldier’s Carol” is the holiday film, accompanied by live music and culminating with a live scene. Get a preview at <http://youtu.be/O4VSavbHMaU>.

3 / Wednesday

Town Hall — Installation Management Command-Pacific Region Director Debra Zedalis will meet with IMCOM employees in a town hall format, 3-4 p.m., at the Nehe-lani, Schofield Barracks. The town hall is the place to get direct answers from senior leaders.

7 / Sunday

Ceremony — A Flying V ceremony takes place at Fort DeRussy, 4 p.m., to remember the sacrifices of the Soldiers and families who were stationed on Schofield Barracks and Wheeler Army Airfield during the Japanese attack of 1941.

8 / Monday

Benefits Season —The federal medical benefits open season closes today. What are you waiting for?

Information related to benefits options, such as health, dental or vision insurance coverage for employees and family members, may be found at www.opm.gov/health-care-insurance/open-season.

15 / Monday

Change of Responsibility — 18th Medical Command (Deployment Support) will hold a change of responsibility ceremony at 10 a.m. Command Sgt. Maj. Alexis A. King will relinquish responsibility to Command Sgt. Maj. Thomas Wrighton Jr. Call 438-5938.

Ongoing

Volunteers Wanted — The Tropic Lightning Museum, Schofield Barracks, is looking for volunteers who are available one or two days, Tuesday-Friday, and able to commit three to six hours a week on a reoccurring basis.

Volunteer projects vary and may include researching, scanning, data input and visitor services. Space is limited.

Call the museum curator at 655-0438 for more information about volunteering at the museum.

Mammograms — The U.S. Army Health Clinic-Schofield Barracks is now offering walk-in mammograms at its Radiology Clinic, Bldg. 685, first floor, 1-3 p.m., weekdays. Call 433-8355.



Today

TAMC — Traffic flow delays for construction are expected at Tripler Army Medical Center’s main access control point at the front gate, 9 a.m.-4 p.m.

Lights KOed — The street light circuit on Wheeler’s Wright Avenue suffered a casualty. All Acorn Street lights, and possibly some of the housing area lighting, will be nonfunctional until DPW can install the part.

Paumalu — HDOT advises of reduced weight and speed limit restrictions on the Paumalu Stream Bridge on Kamehameha Highway, located between Paumalu Place and Ke Nui Road, near Sunset Beach.

A recent inspection found spalling deterioration on some of the bridge’s concrete support pillars. The bridge weight limit was reduced from 40 to 27 tons, and speed limits were reduced from 35 to 25 miles per hour.

27 / Thanksgiving

HECO Gate Closure — The gate adjacent to Wheeler Elementary School, currently open during the Kunia Gate lane closure, will close for four-day Thanksgiving weekend. Work on the outbound lane of Wheeler’s Kunia Gate is scheduled to con-

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

December

1 / Monday

Valve Job — A maintenance project to repair valves near Wheeler’s helipad and Bldg. 100 requires a water outage, 8:30 a.m.-2:30 p.m., throughout the week. The water outage will impact Bldg. 100 and will not impact the school.

Stream Road — Shafter’s Stream Road will close from the intersection of Stream and Loop roads to the intersection of Stream and Kahauiki Bridge. Detour on Mokumoa until Dec. 13.

Sterling Stall — Sterling Road will be closed between Wright Avenue and Santos Dumont Road until Dec. 23. Pedestrians can access at Wright. From 9 a.m.-2 p.m., there’ll be no through traffic westbound on Santos Dumont.

2 / Tuesday

AMR Closures — Aliamanu Drive between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura until Dec.1, and will be completely closed between Okamura and Rim Loop, Dec. 2-Feb. 2.

8th TSC re-enlists sustainers, awards retention

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — “We’re going to demonstrate that esprit-de-corps that makes people want to be a part of us,” said Maj. Gen. Edward F. Dorman III, commander, 8th Theater Sustainment Command, during a retention awards ceremony, Nov. 20.

“We’re going to demonstrate that honorable service, which gives back to the community and to others,” he added.

Dorman re-enlisted three Soldiers and presented retention awards to several of 8th TSC’s subordinate units with Command Sgt. Maj. Charles M. Tobin, senior enlisted adviser, 8th TSC.

“When a Soldier re-enlists, they are volunteering to give back to the Army and local community,” Dorman said. “That’s tremendous. They demonstrate stewardship of this great profession of ours.”

“The strength of our nation is our



Master Sgt. Robert P. Waller (right), senior career counselor, 130th Eng. Bde., is presented an award to for exceptional performance of duty by Maj. Gen. Edward F. Dorman III, commander, 8th TSC, at a retention awards and re-enlistment ceremony. Waller, two other career counselors and four subordinate units received awards, and three warriors re-enlisted.

Army, the strength of our Army is our Soldiers and the strength of our Soldiers is our families,” Dorman said.

“That’s what makes us Army Strong.”

The following units were awarded for outstanding performance in achiev-

8th TSC Re-Ups & Appreciation

The following personnel were recognized:

- Spc. Cynthia M. Barnes*, motor transport operator, 8th STB.
- Spc. Aaron J. Jackson*, heavy equipment repair crew maintainer, 130th Eng. Bde.
- Sgt. Joshua D. Scruggs*, hori-

zontal engineer, 130th Eng. Bde.

Also present were Scruggs’ wife Alexandra and Jackson’s wife Jasmine, both of whom were presented certificates of appreciation for their support and contributions they have provided during their spouses’ service.

ing 100 percent of their assigned retention objectives:

- 8th Special Troops Battalion.*
- 130th Engineer Brigade.*
- 45th Sustainment Brigade.*
- 8th Military Police Brigade.*

The 8th MPs were also presented the Early Bird Award for being the first brigade in the command to accomplish all retention objectives for fiscal year 2014.

Other awards. Dorman and Tobin also presented awards to three of the senior career counselors for exceptional performance of duty:

- Master Sgt. Jeffrey J. Levesque, 45th Sust. Bde.*
- Master Sgt. Sam Shiraishi, 8th MP Bde.*
- Master Sgt. Robert P. Waller, 130th Eng. Bde.*

“Our Army is full of trusted professionals today and tomorrow, and it can’t be unless our retention program is doing what it needs to do,” Dorman said. “That means that our retention professionals, in conjunction with the leadership, are engaged in the discussion about who the very best is in this great ohana that we have here.”

Roth TSP contributions may stop unless you act now

ABIGAIL C. REID
Federal Retirement Thrift Investment Board

If you are an active duty member of the Army, Air Force or Navy making dollar-amount Roth contributions to your Thrift Savings Plan account, these deductions will stop on Jan. 31, 2015, unless you act.

How your election requirements will change

An upcoming change in myPay will require you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don’t comply with this change, then the Defense Finance and Accounting Service (DFAS) won’t be able to process your contributions.

This change affects your Roth contributions only.

When the change will take place

The new requirement will take effect Jan. 1, 2015. You will have 30 days to change your Roth election from a dollar amount to a percentage of your pay. If your new Roth election is not received by Jan. 31, 2015, then DFAS will not be able to process your Roth contributions until

you update them.

How to make the change

Starting January 1, 2015, you can make the change in myPay. You’ll see a special TSP section called “Traditional TSP and Roth TSP” — click there. Then, in the “Contribution from Roth TSP” section, you can enter the percentage of your pay that you’d like to contribute (10 percent, for example). Finally, click “Save” at the bottom of the screen.

Why Roth contributions might be good for you

When you make Roth contributions, you pay taxes on the money you save before it goes into your TSP account. So, you pay no income taxes when you take it out, and your earnings can also be tax-free if you have reached age 59½ or have a permanent disability and five years have passed since the year of your first Roth contribution.

As a member of the uniformed services, you can make Roth contributions from tax-exempt pay, basic pay, incentive pay, special pay and bonus pay. If you make Roth contributions from



Courtesy photo

Active duty service members must change Roth TSP contributions by Jan. 31, 2015, or risk losing their deductions.

tax-exempt pay earned in a combat zone, you won’t pay taxes on your contributions, and you’ll have the opportunity for tax-free growth.

More Online

TSP is a retirement savings and investment plan for federal employees and members of the uniformed services.

It was established by Congress in the Federal Employees’ Retirement System (FERS) Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans.

If you are covered by the FERS, the TSP is one part of a three-part retirement package that also includes your FERS basic annuity and Social Security.

If you are covered by the Civil Service Retirement System (CSRS) or are a member of the uniformed services, the TSP is a supplement to your CSRS annuity or military retired pay.

Call the TSP at 877-968-3778, Mondays-Fridays, 2 a.m.-4 p.m., HST, or visit www.tsp.gov.

PAU HANA

"When work is finished."

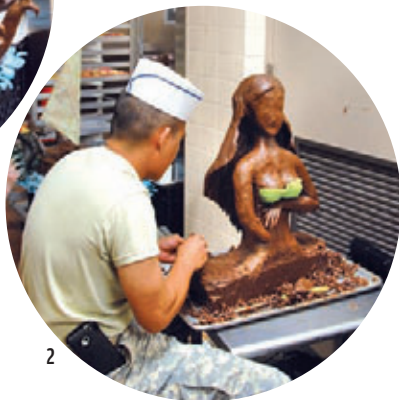


Soldiers from the 8th Theater Sustainment Command come together in the spirit of Thanksgiving to prepare holiday decorations for the K Quad DFAC.

Photo courtesy of U.S. Army Food Service Branch, Hawaii



1. Spc. Avelino Arizapo molds a bronco out of tallow in the kitchen of the Bronco Cafe DFAC.



2. Spc. Harvey Allen works on a display piece in the kitchen of the Bronco Cafe DFAC.



3. Ice sculptures carved by culinary specialists await being displayed in the DFACs.



4. Spc. Stevey Gruver works on the details of a display piece in the kitchen of the K Quad DFAC.



5. Pfc. Chalyn Hosea works on a Thanksgiving cake in the kitchen of the Warrior Inn DFAC.

Culinary Art

Dining facilities make Thanksgiving memorable

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Spc. Avelino Arizapo is seated in the kitchen of the Bronco Cafe Dining Facilities Administrative Center, commonly known as the DFAC, carefully molding a piece of tallow into the shape of a miniature bucking bronco.

He's already finished sculpting a miniature double-hulled canoe out of tallow. The bronco is the finishing touch.

Seated near Arizapo is Spc. Yuanhua Zhang, who is carving orange wedges. The canoe will serve as a tray for various carved fruits.

Arizapo and Zhang, both culinary specialists from the 3rd Brigade Combat Team, 25th Infantry Division, are prepping for Thanksgiving at the Bronco Cafe DFAC. It's the Monday before the holiday, but they, like others in the Army's Food Service Branch, have been hard at work since the weekend (actually, for several months, if you count the time spent to acquire some of the necessary equipment and to do all of the planning and coordination).

Other Soldiers who are culinary specialists are doing the same at the K Quad DFAC, managed by the 8th Theater Sustainment Command; the Warrior Inn DFAC, managed by the 2nd Stryker Brigade Combat Team; and the

Wings of Lightning DFAC, managed by the 25th Combat Aviation Brigade.

Holiday food on a large scale

Thanksgiving is a significant event for all of the DFACs because of the scale of production — approximately 1,700 pounds of turkey, 420 pounds of shrimp and 810 pounds of ham, among other items — and because it allows their staffs to showcase their culinary skills beyond the typical day-to-day fulfillment of mass-produced meals.



The Thanksgiving meal preparations are also special because the DFACs are serving Soldiers, families, Department of Defense and Department of the Army civilians who may be away from home or separated from their friends and relatives during this quintessential family-oriented holiday.

"It gives them some place they can come and have a family meal," said Master Sgt. Robin Propes of 8th TSC, while rolling out dough for sugar cookies in the kitchen of the K

Quad DFAC. "It's a home away from home where they can eat food like they might have at their parents' house."

Quality ingredients

For this Thanksgiving, the emphasis seems to be on preparing more meals from scratch and incorporating higher-end culinary techniques instead of relying on ready-made and prefabricated foods.

Culinary specialists at the DFAC received additional culinary training from the Logistics Readiness Center Culinary Lab to execute some of the more elevated elements of the cuisine.

Staff Sgt. Sheryl Stewart of the 647 Air Force Support Squadron is a certified chef and a member of the U.S. Army Joint Culinary Arts Team Hawaii. She worked with some of the Soldiers at the LRC Lab to help them elevate not just their cooking technique, but their presentation.

"Because everybody eats with their eyes first," she explained.

Pfc. Keandra Stewart of the 2nd SBCT pauses between talking to colleagues in the Warrior Inn DFAC and making adjustments to her Thanksgiving cake to describe her experience at the LRC Lab.

"I learned a lot there," she said. "I didn't know how to make stocks and gravies from scratch. That was really cool to learn."

The Soldiers also incorporated ice carvings into their Thanksgiving preparations. While ice carvings are often used for decorative purposes, they also serve as an elegant way to present cold food, such as ice creams, fruit, sorbet or beverages.

Friendly competition

To add to the fun of the festivities, the

DFACs took part in some friendly competition in the form of the Best Decorated Thanksgiving Day Dining Facility Competition. Each DFAC chose a Thanksgiving theme upon which to base its decorations and agreed to have its decorations judged by the Army's Food Services Branch, which is part of the U.S. Army Sustainment Command, 404th Army Field Support

Brigade, Logistics Readiness Center, Hawaii Supply & Services Division.

The DFACs were judged on theme, use of décor packets, arrangements, degree of difficulty, originality, command emphasis and overall appearance. One Soldier will also be chosen as the winner of the Best Centerpiece Display.

Themes included Thanksgiving Harvest and Hollywood Thanksgiving (Warrior Inn DFAC), Thanksgiving Carnival (K Quad DFAC), Thanksgiving Luau (Bronco Cafe DFAC) and Graceful Thanksgiving (Wings of Lightning DFAC).



Photo courtesy of U.S. Army Food Service Branch, Hawaii

Soldiers from the 8th Theater Sustainment Command work Thanksgiving decorations at the K Quad DFAC.

Contest winners

Find out the winners of the 2014 Best Decorated Thanksgiving Day Dining Facility Competition on Tuesday, Dec. 2. Visit hawaiiarmyweekly.com.



The Thanksgiving theme for the Warrior Inn DFAC is Hollywood Thanksgiving.
(Some photos have been altered from their original form; background elements have been removed.)



Briefs

Today

Baby-Sitting & CPR — SKIES Unlimited offers a free baby-sitting and CPR/first aid course, monthly, for 12-18 year olds. After class completion, students will be added to the SKIES super-sitter referral list. Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the next sessions:

- Jan. 7 & 14, 4-7 p.m., baby-sitting.
- Jan 21 & 28, 4-7 p.m., CPR/first aid.

Ladies Golf Clinic — Ladies can partake in a free golf lesson from PGA professionals in a 30-minute lesson at Leilehua Golf Course. By appointment only, call 655-4653.

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food every last Friday of the month at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill. Call 655-4466 or 438-1974 for reservations.

USARPAC Payday Scramble — Celebrate payday the golf way. Play in the scramble every last Friday of the month. Registration for the 18-hole tournament is \$5 per player, paid to the Scramble POC at the course. Call 438-9587.

Leilehua Concert Series — Relax and enjoy Hawaiian music, beginning at 6 p.m., by Lei Ka’Apana, at The Grill of Leilehua Golf Course. Free concert is open to the public. Food and drinks will be available for purchase. Call 655-1711.

29 / Saturday

Thanksgiving Sale — FS Nagorski’s Pro Shop Thanksgiving Day sale ends Nov. 29th. All items \$20 or more will receive a discount of 20 percent and 10 percent off all sale and

UPCOMING TREE LIGHTINGS AT SCHOFIELD & FORT SHAFTER



Photo courtesy of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

Mark your calendars for the annual tree lighting celebrations, hosted by Family and Morale, Welfare and Recreation:

- Dec. 2, 5 p.m., General’s Loop, Schofield Barracks; and
- Dec. 4, 5 p.m., Palm Circle, Fort Shafter.

The family fun for all ages includes pictures with Santa and costumed-characters appearances, as well as light refreshments from Island Palm Communities.

This year’s highlight is Army Music Hawaii’s “A Soldier’s Carol,” a holiday film, accompanied by live music and culminating with a live scene. Get a preview at <http://youtu.be/O4VSAvbHMAU>.

regular priced items.

Stop by to stock up on your golf equipment or snag a deal for the golf enthusiast in your life. Sale does not apply to special orders. Call 438-9484.

December 1 / Monday

Paint and Glaze — SB Arts & Crafts Center will help you paint your

ceramic Christmas Tree, and it will be fun for the whole family. Classes will be offered 9:30-11:30 a.m.

See FMWR B-4

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

29 / Saturday

Snow Day — Grab your mittens and enjoy the first snow of the holiday season, 10 a.m.-12 noon, Kapolei Commons, 4450 Kapolei Pkwy., Kapolei. Free event features 20 tons of snow in the parking area across from Down to Earth. Keiki-friendly event features activities, craft booths and displays.

30 / Sunday

Hawaii Symphony Orchestra — Concert conversations take place one hour before the 4 p.m. concert at the Blaisdell Concert Hall, 777 Ward Ave., as the orchestra features works of Brahms, including Symphony No. 1 in C minor. Call the symphony box office at 380-7784 or visit hawaiihsymphonyorchestra.org.

December

2 / Tuesday

SB Tree Lighting and Holiday Concert — Help usher in the holiday season with this family event, beginning at 5 p.m., at Generals Loop. Activities include a holiday concert featuring Army Music Hawaii, appearances by costumed characters, pictures with Santa and light refreshments.

4 / Thursday

Vet Ready Career Fair — Argosy University will host this down-

DEC. 7TH AT FORT DERUSSY



Courtesy of 25th Infantry Division

FORT DERUSSY — A Flying V ceremony takes place, here, at 4 p.m., to remember the sacrifices of the Soldiers and families who were stationed on Schofield Barracks and Wheeler Army Airfield during the Japanese attack of 1941.

town Honolulu event, 11 a.m.-2 p.m., at 1001 Bishop St., Suite 400. Jobs ranging from engineering and IT to retail and health care will be available. Visit www.vetready.org or call 1-800-235-2732, ext. 800, for details or to register.

FS Tree Lighting and Holiday Concert

Fort Shafter’s historic Palm Circle will be the gathering site, at 5 p.m., for this annual event that features holiday concert music, photo opportunities with Santa Claus, light refreshments and the lighting of the Fort Shafter holiday tree, a must for every keiki.

5 / Friday

First Friday Street Festival — Chinatown area galleries and other arts venues open their doors, 5-9 p.m., each first Friday of the month for artist receptions, live music and

refreshments. These events are free and open to everyone and attract tens of thousands of people downtown each year.

Gallery walk maps are available at various locations in the area. Call 521-2903.

6 / Saturday

Honolulu City Lights Opening Night — The spectacular 6 p.m. Electric Light Parade begins at Aala Park down King Street and ends at Sky Gate park next to Honolulu Hale (city hall). The evening festival at Sky Gate features food booths, keiki rides, a tree lighting ceremony, photos with Santa Clause and a holiday concert.

Food booths and rides open at 4 p.m. Opening night festivities end at 11 p.m.

7 / Sunday

Volunteers Sought — The Navy and National Park Service are look-

ing for active duty military personnel from all services to volunteer in various events, through Dec. 7, commemorating the 73rd anniversary of the attack on Pearl Harbor.

Volunteering provides an opportunity for active duty members to personally contribute to Pearl Harbor Day commemorations, preserving the memory and honoring those who made the ultimate sacrifice 73 years ago.

To volunteer, contact Lt. Cmdr. Alex Torres or Ensign Jewel Fautanu at 471-3521.

13 / Saturday

Hawaii Youth Opera Chorus — 53rd annual concert begins at 7 p.m. at historic Kawaiahao Church, 957 Punchbowl. Features the entire Hawaii Youth Opera Chorus, grades K-12. Includes holiday favorites and music from around the world. Call 521-2982; visit www.hyoc.org.

14 / Sunday

Honolulu Marathon — One of the world’s largest annual races begins at 5 a.m. at Ala Moana Beach Park. Runners typically come to Honolulu from all over the world to enjoy the scenic course’s spectacular ocean views, alongside world-famous Waikiki Beach, Diamond Head and Koko Head volcanic craters.

The terrain is level except for short uphill grades around Diamond Head. The 26-mile run finishes in Waikiki. Call 734-7200.

Ongoing

TAMC Access — Beginning Jan. 15, 2015, Department of the Army security guards will no longer accept TAMC hospital badges as a form of ID for access. TAMC staff will be required to show their common access card, military ID card or PIV card.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF

This Week at the MOVIES

Sgt. Smith Theater
Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.

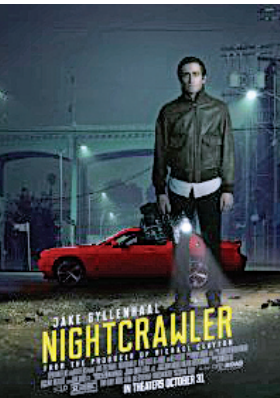


The Best of Me

(PG-13)
Fri., Nov. 28, 7 p.m.

St. Vincent

(PG-13)
Sat., Nov. 29, 2 p.m.



Nightcrawler

(R)
Sat., Nov. 29, 7 p.m.
Thurs., Dec. 4, 7 p.m.

Gone Girl

(R)
Sun., Nov. 30, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Broncos help local less fortunate

1ST LT. JESSE N. PEELER
3rd Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers assigned to Delta Company, 29th Engineer Battalion, 3rd Brigade Combat Team, 25th Infantry Division, spent a portion of their recent off time helping the community at the Institute for Human Services’ Social Services Agency Meals Program in Honolulu.

IHS is a comprehensive social services agency working to prevent and end homelessness in Hawaii.

Its mission is to provide respite for those who are unsheltered and solutions that transform the lives of local homeless and at-risk people.

Soldiers arrived at the IHS Women and Family Shelter to serve breakfast to the guests. The volunteers served a hot meal to the less fortunate and interacted with them during their visit.

“The reason I volunteer is to make someone’s day better by giving them something that they wouldn’t normally have access to,” said Spc. Deonte Jackson, Human Intelligence specialist, 29th Eng. Bn.

Overall, 11 Soldiers participated in serving food to those less fortunate at IHS that



Photo by 3rd Brigade Combat Team Public Affairs

Soldiers assigned to Delta Co., 29th Eng. Bn., 3rd BCT, 25th ID, spend their off time helping the community at the Social Services Agency Meals Program at the Institute for Human Services, Nov. 14.

morning.

“Just seeing the smiles on the people’s faces while they’re receiving a hot meal can really make your day,” said Jackson.

The platoon plans to continue to provide

their services by volunteering at IHS in the future and encouraging other Soldiers in the brigade to help out alongside them.

(Note: Peeler is the 3BCT unit Public Affairs representative.)

Briefs



CONTINUED FROM B-2

Workshop costs \$50 and includes all supplies, paints, glazes, firing, lights, stand and light fixture. Call 655-4202.

Family Bowling Night — Join SB Bowling Center every first Monday for Family Bowling Night. Cost is \$50 for a family (up to five people). Includes two hours of bowling, shoes, one large pizza and one pitcher of soda.

- Open to active duty and veteran military families.
- Limited availability, so reservations required by close

of night before requested date.

2 / Tuesday
Holiday Mosaic Workshop — Make a one-of-a-kind keepsake with SB Arts & Crafts Center. Classes will be held 5:30-7:30 p.m., Tuesday nights, Dec. 2, 9, 16 & 23. You must attend all four classes scheduled to complete this project.

Learn to plan, design, cut, paint and grout your own creative piece. Workshop costs \$80 and includes all supplies. Call 655-4202.

6 / Saturday
Adventure Bike — Join Outdoor Recreation for a bike tour along the Pearl City and Pearl Harbor waterways. Outdoor Recreation will provide the transportation, bikes, helmets and guides. Cost is \$20, per person, for this family adventure.

You bring the snacks, water and sunscreen. Ages 10 and up welcome. Call ahead for bike size information at 655-0143.

7 / Sunday
Pins & Pancakes with Santa — Come out and bowl with Santa 10 a.m.-1 p.m. at the SB Bowling Center. Each child in attendance will make Christmas ornaments with Santa and receive a special gift. Costs \$10/per person and includes buffet of pancakes and two games of bowling. Call 655-0573.

10 / Wednesday
Santa at FS Library — Santa takes time out of his very busy schedule to come to the FS Library, 3-4 p.m. Parents, make sure to bring your cameras to take pictures of your children talking to Santa. Call 438-9521.

Teen Manga Club — If you’re a teen that’s interested in manga, come at 3 p.m. to SB Sgt. Yano Library. Whether you’re a manga fiend or just getting into it, come enjoy free semimonthly manga meetings. Discussions include how to improve the manga collection, share artwork and other activities. For ages 12-17. Call 655-8002.

Make & Take Christmas Stocking — SB Sgt. Yano Library hosts keiki of all ages for the making and decoration of Christmas stockings, 3-4 p.m. Some parental assistance may be required. Call 655-8002.

Keiki Night — Every Wednesday night is Keiki Night at SB Kolekole Bar & Grill. Kids under 10 eat for a \$2.99 from the keiki menu from 5-8 p.m.

Holiday Services

The Religious Support Office will hold the following services during this holiday season.

Protestant

- Dec. 24, 3 p.m.,** Christmas Eve Concert and Worship at Fort DeRussy (FD) Chapel
- Dec. 24, 6 p.m.,** Christmas Eve Service (Liturgical) at Wheeler Army Airfield (WAAF) Chapel
- Dec. 24, 6:30 p.m.,** Christmas Eve Service at Helemano Military Reservation (HMR) Chapel
- Dec. 24, 7 p.m.,** Christmas Eve Service at Soldiers Chapel, Schofield Barracks (SB)
- Dec. 24, 7 p.m.,** Christmas Eve Service at Main Post Chapel (MPC), SB

Catholic

- Nov. 29/30,** First Sunday of Advent
- Dec., 6/7,** Second Sunday Advent
- Dec. 8, 11:45 a.m.,** Solemnity of the Immaculate Conception of the Virgin Mary at Daily Mass
- Dec. 8, Daily Mass, 5 p.m.,** at Soldiers Chapel, SB
- Dec. 8, Daily Mass, 5 p.m.,** at Aliamanu Military Reservation (AMR) Chapel
- Dec. 10, 6 p.m.,** Advent Reconciliation at MPC, SB (1st confession for children)
- Dec. 13/14,** Third Sunday of Advent
- Dec. 14, 6 p.m.,** Advent Reconciliation at AMR Chapel (1st confession for children)
- Dec. 20/21,** Fourth Sunday of Advent
- Dec. 24, 5 p.m.,** Christmas Family Mass at MPC, SB
- Dec. 24, 5 p.m.,** Christmas Family Mass at AMR Chapel
- Dec. 24, 10 p.m.,** Christmas Eve Mass at WAAF Chapel
- Dec. 25, 10:30 a.m.,** Christmas Day Mass at MPC, SB
- Dec. 27/28,** Feast of the Holy Family of Jesus, Mary and Joseph
- Dec. 31, 5 p.m.,** Vigil Mass for Mary, Mother of God at AMR Chapel
- Jan. 1, 2015, 11:45 a.m.,** Mary Mother of God at Soldiers Chapel, SB
- Jan. 3/4, 2015,** Epiphany of the Lord
- Jan. 10/11, 2015,** Baptism of the Lord

PRMC medical homes 100% nationally recognized

ANA ALLEN
Pacific Regional Medical Command
HONOLULU — Pacific Regional Medical Command has reached 100 percent national recognition for its Army Medical Homes.
All 14 Army Medical Homes under PRMC have been recognized by the National Committee for Quality Assurance, or NCQA, as Army Patient Centered Medical Homes.

“Achieving 100 percent Army Medical Home implementation is a wonderful achievement for the Pacific Region. It demonstrates Army Medicine’s commitment to providing for our Soldiers, their families and our other beneficiaries with the best primary care available,” said Brig. Gen. Patrick Sargent, commander, PRMC. “Our challenge now is to strengthen this key component of our system for health and emphasize preventative and proactive care to keep our patients healthier, happier and more active in their daily lives.”

The NCQA measures the ability of medical facilities to provide quality health care through standardized, objective measurement guidelines. As part of the recognition process, NCQA reviewed hundreds of documents submitted by the PRMC Medical Homes staff that provided fact-based evidence that showed all clinics were conducting business as true Medical Homes.



Aiko Brum, U.S. Army Garrison-Hawaii Public Affairs

The Warrior Ohana Medical Home is located in Kalaeloa, near Kapolei. It brings Army medicine close to home for families in the area.

NCQA requires recognized facilities to enhance access to care and patients’ continuity with their provider teams, keep track of patient data to help manage patients’ well-being, plan and manage care using evidence-based practices, provide self-care support and community resources, and track and coordinate tests, referrals and other care for patients. Finally, clinics have to show that they measure their performance and patients’ feedback to continue improving the quality of care.

The PRMC Army Medical Homes span the geographic areas of Hawaii, Korea and Japan.

Col. Julie Tullberg, pediatrician at TAMC, said she is excited to continue the PCMH model of care, knowing that it brings major improvements for patients in Hawaii. “We expect that they will see and appreciate the differences in their care. As they get to know their primary care manager and team members, we know they are getting safer, more comprehensive and more prevention-focused care from their health care team,” said Tullberg.
Col. Mark Reeves, commander, 121st CSH/Brian Allgood Army Community Hospital in Seoul, Korea, and Family Medicine consultant

to the Surgeon General, said he is extremely proud of the commitment, passion, coordination and teamwork it took for all six of the Korea-based Medical Homes to meet the standards set forth by the National Committee for Quality Assurance and Army Medicine.
“It has been a tremendous effort, which has sharpened our focus on our patients’ needs and experience of care and made us more effective as a patient-centered team. We fully expect Soldiers will be more ready to ‘fight tonight’ and their families will be healthier and fully involved in their life space as a direct result of the improvements inherent in team-based, patient-centered care. This will be a foundation for medical treatment facility (MTF) contributions to the Performance Triad,” he said.
Lt. Col. Philip Ginder, deputy commander for Administration at Brig. Gen. Crawford F. Sams U.S. Army Health Clinic, Camp Zama, Japan, said PCMH has greatly enhanced its ability to improve the overall health of Soldiers and their families.
“PCMH has given our patients new resources to take charge of their health. Through secure messaging, an online information exchange, patients can now more easily communicate with their provider. With the tools on Tricare Online, patients

make appointments at their convenience, request refills, (and) check lab results and other parts of their health record.”
PRMC Services
Here’s what patients can expect from the PRMC Medical Homes:
•**A personal provider.** Each patient has an ongoing relationship with a personal physician, physician assistant or nurse practitioner who is trained to provide first contact, continuous and comprehensive care.
•**Physician directed medical practice.** The personal physician leads a team of individuals at the practice level who collectively take responsibility for ongoing patient care.
•**Whole person orientation.** The personal provider is responsible for providing all of the patient’s health care needs or for arranging care with other qualified professionals.
•**Coordinated and integrated care.** Each patient’s care is coordinated and integrated across all elements of the health care system and the patient’s community.
•**Quality and safety care.** All members of the health care team are focused on ensuring high quality care in the medical home.
•**Improved access.** Enhanced access to care options are available through open scheduling, same-day appointments and more.

Mom learns the essence of giving

Here you go again.
You're running from store to store, buying baking supplies, twinkle lights, a "Frozen" Plush Olaf for your niece and flat screen TV for your husband.
You've got to get home to bake 12 dozen pecan tarts for the neighborhood cookie exchange, when it dawns on you, you forgot the butter.

For the second time today, you approach the irresistibly cute Salvation Army bell ringer outside the grocery store. You want to tell the sweet little old man freezing his bippy off in the name of the needy, "I gave earlier today," but you know darned well he doesn't remember and will think you're a cheapskate. So, you sort through the gum wrappers and bobby pins to see if you can find a few more quarters in your purse.

But you realize that you put all your coins in the kettle during your last trip to the store, so you look for a single or two, only to find that you've only got a five spot. With trembling hands you fork over the \$5 bill you were hoping to use for a Vente Skinny Peppermint Mocha Latte with extra sprinkles on the way home.

You intentionally hesitate with your hand over the red kettle, wanting the bell ringer and everyone else to see the denomination of your bill and think, "Wow, she gave five whole dollars."

"Thank you for your kindness," the old man says, and you walk into the grocery feeling good about your decision to feed the poor rather than slurp another overpriced specialty coffee.

In fact, you feel so charitable that you decide to buy a few canned goods, in addition to your stick of butter, to put in the food bank collection at the front of the store. And while you're at it, you grab a whiffle ball set to put in the Toys for Tots box, too.

With a sanctimonious flip of your wrist, you zip your debit card through the reader just as the cashier asks, "Would you like to give a dollar to the Orphaned Kittens' Sweater Knitting Guild?"

Seven other impatient customers are in line behind you. The baggers are waiting for your answer. The cashier is star-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

ing blankly into your eyes.

Dead silence.

Another dollar? Seriously? Don't you remember that I just gave a dollar for the stinking kittens when I was in here an hour ago, for criminy's sake? This is entrapment! Let someone else dress the orphaned kittens! I just want to buy this darn

stick of butter and go home!

As you search your brain for a valid excuse to say "No thanks," you contemplate the essence of giving.

Charitable organizations raise the bulk of their income between Thanksgiving and New Year's Eve, when people are feeling generous. Salvation Army, for example, needs to collect \$1.3 million this holiday season to fund its programs for the homeless and the poor, and they hope about \$450,000 of that will be in donations to it's iconic red kettles.

The Marine Corps Reserve Toys for Tots Program collects toys in the months of October, November and December, to give to less fortunate youngsters as a message of hope to encourage them to become responsible, productive, patriotic citizens.

Other national and local charities are collecting anything from money to canned goods to blankets to teddy bears for worthy causes.

Is giving about risking death by trampling to get the best bargain on an Xbox Assassin's Creed Unity Bundle at Wal-Mart, or is it about providing for those who are truly in need?

"Absolutely," you tell the cashier, realizing that the essence of giving is

that it is no bargain at all.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

PERFORMANCE TRIAD

Health challenge reaches finish line

U.S. ARMY GARRISON-HAWAII
Public Affairs

Congratulations on making it through the Performance Triad 26-Week Health Challenge.

You have made great strides towards improving your sleep, activity and nutrition!

Take some time to reflect on what you have achieved over the past 26 weeks.

What are you most proud of? What tips have helped you succeed?

Now think about the future and make

some new goals. What will it take for you to continue your healthy lifestyle?

Celebrate your success!



File photo

Cutline to go here about Army H.E.A.L.T.H Web and smart phone app.

Stay on track online

H.E.A.L.T.H is a Web and smart phone app that helps promote healthy nutrition and exercise.

H.E.A.L.T.H. is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans.

Register at <http://armyhealth.pbrc.edu>. Visit <http://phc.amedd.army.mil/organization/institute/>.

